

## ABSTRACT

[0038] A cooking utensil, particularly for fat-free frying or cooking of food to be fried or cooked, comprises a floor and a wall, the floor having an elevated section for placing the food to be fried or cooked and a largely annular depression enclosing the elevated section. The elevated section has at least one groove. The elevated section is convexly curved and/or arched in such a way that frying fat or other liquids may drain into the depression on all sides. The groove allows the temporary return of frying fat or other liquids from the depression to the elevated section so that the wetting of the food to be fried or cooked occurs. Accordingly, a cooking utensil of the type under discussion is designed in such a way that the elevated section is convexly curved and/or arched in such a way that frying fat or other liquids may drain into the depression on all sides, and the groove allows the temporary return of frying fat or other liquids from the depression to the elevated section, so that wetting of the food to be fried or cooked occurs.